

“Mind over matter”-a phrase I am sure many people have heard of before. It is only recent years as I grow up into teenage life that I realize and start to believe in it. For the mind to be in control of things we do is definitely easier said than done, but once able to achieve this, I discovered the ability to overcome many challenges and obstacles that I encounter. No matter what problems I face, all I need is the weapon to defeat those difficulties.

Perseverance, I realised, always comes in handy whenever I encounter an obstacle that pushes my limits to finish the task. At times, the task just seems so difficult that the feeling of just giving up just overwhelms me. Why should I put myself under such stress when I can just give up and relieve myself? However, it is when I grit my teeth and press on will I get to taste the sweetness of success in the end.

About two years ago, I went to secondary school and joined volleyball as my CCA as I have played this sport before in primary school. However, training in secondary school is much tougher. Once we had to do pure defense training where one by one, we receive spikes and drop-balls from our coach. I was always weaker in my defense and was really nervous as I watched my teammates complete a set. It was my turn in no time. My coach spiked hard against me and I could not receive the spike in time. Subsequently, she gave me a series of hard spikes and really light drop-balls that made me run and pant all over the court. Every time before I could get up, she would spike or drop another ball to me. As such, each time my performance just got worse with the gradual numbness of my limbs. Moreover, my coach hollered at me for my poor performance. My lips and throat were so parched I felt like all the hydration in my body had evaporated. I felt like I could not get up anymore. I felt like giving up, but I told myself I had to complete this drill. No matter what, I would not succumb to the pleas of my muscles. I pressed on. Ignoring the weakness my body felt, I went for every ball till my coach stopped. She gathered everyone and gave a debrief. “I want to commend Chloe today. She persevered, overcame herself just now and has proved that she has progressed one step up.”

That incident convinced me that perseverance will aid me in overcoming myself. How many times have you convinced yourself to carry on? Persevering is never easy, but I tried and succeeded. I discovered this amazing tool that gave me the drive to press on, ultimately achieving my goals.

“When there is will, there is a way”. I believe that with perseverance, the sky will be the only limit. Never give up, persevere. This I believe.